

# ADULT TIMETABLE

DAY	TIME	STUDIO 1	STUDIO 2	STUDIO 3
MONDAY	10am	FLOWETIC	HARTBEEPS	PRENATAL PILATES (Evolve)
	11AM	SLING FITNESS (Evolve)		
	7pm	TAP		
	7.15pm		PILATES	
	7.45pm	CLUBBERCISE		
TUESDAY	10.30am	MUMMY'S BODY BLITZ CIRCUITS (Evolve)		
	6pm	BEGINNERS BALLET		
	6.45pm		PRENATAL PILATES (Evolve)	
	7pm	BALLET		
	7.45pm		STREET FITNESS	
	8pm	BARRE CONCEPT		POLE POSITION
WEDNESDAY	10am	BABY SENSORY		PARENT & CHILD PILATES (Evolve)
	6pm			GET F(HI)IT
	7pm	FLOWETIC	STREET SESSIONS	TOTAL BODY FITNESS
	8pm	STREET DANCE		YOGA
THURSDAY	10.30	PH		MOTHER & CHILD PILATES (Evolve)
	7pm	PH		BALLET (CONAN)
	8pm	PH		TAI CHI
SATURDAY	9am - 2.30pm	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL
SUNDAY	10am	BALLET (CONAN)	PH	TOTAL BODY FITNESS
	11.15am			YOGA FOR ALL

PH – PRIVATE HIRE

Dance Company Studios is an umbrella for local independent businesses. Please see the contact list. Or you can email the studios and they will forward your email on to the coaches you have requested.

**Dance Company Studios**  
**0208 4022424**  
[info@dancecompanystudios.co.uk](mailto:info@dancecompanystudios.co.uk)  
[www.dancecompanystudios.co.uk](http://www.dancecompanystudios.co.uk)

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**TUESDAY BALLET**

**07870 689687**

**TUESDAY PILATE**

**07932735716**

**STREET SESSIONS**

**07845550838**

**STREET DANCE WEDNESDAY**

**07903324123**

**BALLET THURSDAY/SUNDAY**

**02084022424**

**TAICHI**

**07957925506**

**DANCE COMPANY PERFORMING ARTS SCHOOL**

**02084022424**

**FLOWETIC**

**07522231446/07967304844**

**STREET FITNESS**

**07539539149**

**POLE POSITION**

**07739591265**

**TOTAL BODY FITNESS**

**07803850324**

**EVOLVE WELL BEING**

**07400599902**

**PERSONAL TRAINER**

**NAKUJA**

**07803850324**

**BARRE CONCEPT**

**07769742869**

**TAP/CLUBBERCISE**

**07538199678**

**YOGA FOR ALL**

**07968593037**

**GET F(HI)IT**

**07427068996**

**PLEASE CALL 0208 402 2424**

**EMAIL [info@dancecompanystudios.co.uk](mailto:info@dancecompanystudios.co.uk)**

**FOR ALL OTHER ENQUIRIES INCLUDING STUDIO HIRE.**

**[WWW.DANCECOMPANYSTUDIOS.CO.UK](http://WWW.DANCECOMPANYSTUDIOS.CO.UK)**

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